

# YOUR FOREST YOUR ADVENTURE

Fall 2006 • VOL 1 • NO 4



## Jefferson Memorial Forest

11311 Mitchell Hill Road  
PO Box 467  
Fairdale, KY  
40118  
502/368-5404

[www.memorialforest.com](http://www.memorialforest.com)  
[www.metro-parks.org](http://www.metro-parks.org)  
[forest@louisvilleky.gov](mailto:forest@louisvilleky.gov)  
[parks@louisvilleky.gov](mailto:parks@louisvilleky.gov)

### Welcome Center

Mon-Sat 8:30 a.m.-4:30 p.m.  
Sun 10 a.m.-3 p.m.

The Welcome Center  
is your destination  
for maps, gift items,  
program reservations,  
camping reservations,  
permits and  
Forest information.

### Directions

From I-65 south, take the  
Gene Snyder Freeway (I-265)  
west and exit at New Cut Road.  
Turn left, go about one mile,  
and turn right onto  
Mitchell Hill Road.  
Follow the signs to the Forest.

### Mission Statement

The mission of  
Louisville Metro Parks  
and Recreation is to  
create a City of Parks  
and enhance the  
quality of life for  
citizens of Louisville Metro  
by maintaining and acquiring  
attractive, vibrant parks  
and offering safe, diverse  
recreation programs, and  
protecting these lands  
and resources for  
future generations.

## IT SURE IS A PRETTY PLANT, BUT...

Visitors to the Forest appreciate the wonderful diversity of plants that find sanctuary within this the largest of Louisville Metro nature preserves. The Forest is home to hundreds of native species of trees, shrubs, wildflowers, grasses, and ferns - many of which are uncommon in the area. Unfortunately, there are other species steadily infiltrating the Forest and threatening ecosystem health.

These aggressive unwanted species are generally referred to as invasive plants. Some of them are actually native to the area and can thrive in disturbed areas (e.g., black locust or sweet gum trees in an old field). However, the ones with which we are primarily concerned are not native to the area. Many of these were intentionally planted and have escaped over the years. For example, farmers in the 1930s were encouraged to plant multi-flora rose for erosion control and "living fences." Similarly, the shrub autumn olive, a native of China and Japan, was promoted until only a few years ago by state agencies for wildlife habitat.

While some of these plants certainly have beneficial uses, the fact that they lack the natural predators necessary to keep their growth in check means that they are a serious threat to native species. Some of these plants produce chemicals that can harm surrounding vegetation; others with inferior wildlife value simply occupy space that could be filled by more beneficial native species. Scientific research increasingly documents the harmful effects of invasive species both in terms of their negative ecological impacts within nature preserves, and also in terms of the severe negative economic impacts related to natural resource management and agriculture.

In addition to news and information about the forest, this newsletter edition presents some of the main invasive species of concern in the vicinity of the Jefferson Memorial Forest. We provide references where landowners can obtain specific information about additional species of concern and about eradication techniques. Landowners concerned about the health of forests on their property are encouraged to become familiar with these species and take steps to eliminate them. We encourage interested citizens to contact Forest staff with questions and to check out the volunteer

section of this newsletter for opportunities to assist with our efforts to eliminate these species within the interior of the Forest and along our trails and pathways.

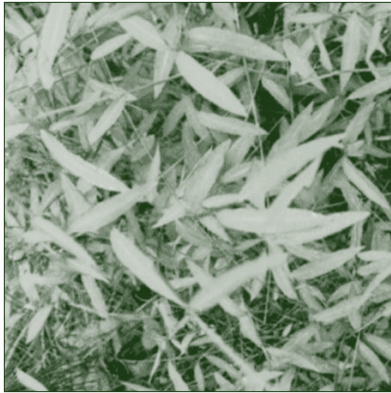
Unfortunately, Metro Parks, like other agencies across the country, is limited in the amount of resources dedicated to eliminating invasive plants within our parks. We predominantly rely upon community volunteers to assist us in our efforts. Therefore, awareness is half the battle. We hope that by increasing public awareness of the threats posed by these alien invaders, we may move closer to meeting our responsibility to protect the wonderful native plant heritage upon which the Forest's amazing variety of bird, insect, mammal, reptile and amphibian species depend.



*Kudzu (Pueraria montana) suffocating other vegetation*

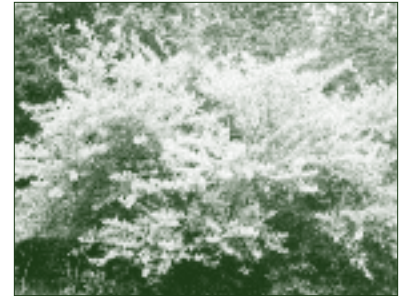
## FOCUS ON INVASIVE SPECIES

The following are some of the more noxious invasive plants currently within the Forest. If your property is near the Forest, you may have some or all of them as well. All are native to Asia. The plants have adapted to resist our best attempts to eliminate them. Eradicating these plants from the landscape requires perseverance and yearly attention.



**Japanese Stiltgrass**  
*Microstegium vimineum or*  
*Andropogon vimineus*

Sprawling annual grass. Spreads by rooting at nodes along the stem and through seed. A single plant can produce up to 1,000 seeds that remain viable for up to three years. In contrast to many other invasive plants, this plant can thrive in full shade and is therefore a serious threat to native understory vegetation. Can be seen along roadways and trails throughout the Forest.



**Autumn Olive**  
*Elaeagnus umbellata*

Small tree or shrub. Its leaves have a distinctive silvery color beneath. Its seeds are dispersed by animals and autumn olive can eventually form dense thickets, choking out other vegetation and decreasing plant diversity.

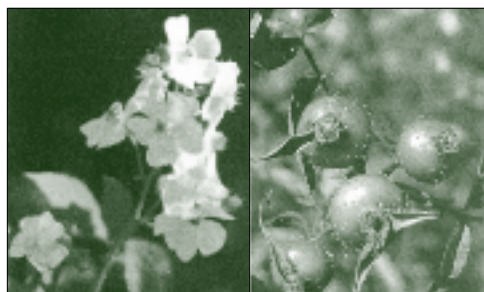


**Japanese Honeysuckle**  
*Lonicera japonica*

Semi-evergreen to evergreen woody vine. Forms dense mats and chokes out other vegetation. Has long woody rhizomes that sprout frequently and make control very difficult.

**Tree-of-heaven**  
*Ailanthus altissima*

Tree up to 80 feet in height. Can be confused with species such as hickories and sumacs. However, this plant's leaves and branches emit an extremely pungent odor when crushed. Some liken the smell to rancid peanut butter. The tree has almost no wildlife benefit and research indicates it emits chemicals in the soil that can harm other vegetation.



**Multi-flora Rose**  
*Rosa multiflora*

Deciduous shrub up to 10 feet in height. Reproduces by seed, stem sprouts, and cane tips that touch the ground. Seeds can last up to 20 years in the soil making repeated control necessary. Can form dense thickets.

If you are interested in finding out more about invasive plant species, we hope you will contact park naturalists Larry Hilton and Christa Weidner t 797-5768 and 366-5432, respectively. Larry is responsible for our efforts to control invasive species within the Forest and other natural areas. Christa is responsible for the Forest's native plant garden and would be an excellent resource for information on native plants. Please see other sections of this newsletter for information on volunteer opportunities related to our native gardens and invasive plant removal projects working with Christa and Larry.

In addition, the following websites are starting points for an exploration of the issue of invasive plants:

Kentucky Exotic Plant Pest Council: [www.se-eppc.org/ky](http://www.se-eppc.org/ky)

The Nature Conservancy Invasive Species Initiative: <http://tncweeds.ucdavis.edu/>





## NATURAL AREA NEWS FOR FALL 2006

### VETERAN'S DAY UNVEILING OF WELCOME CENTER MEMORIAL

On Saturday, November 11, in honor of Veteran's Day, Metro Parks will unveil a memorial at the Welcome Center to highlight the role of the Jefferson Memorial Forest as a woodland tribute to Kentucky veterans of our nation's military conflicts. State District 37 Representative Ron Weston, who funded the memorial in his previous position as District 13 Metro Councilman will be on hand, as well as current District 13 Metro Councilwoman Vicki Welch, and the Valley High School JROTC color guard will be in attendance. Please visit our website in November for more details.

### FORD MOTOR COMPANY VOLUNTEERS MAKE A DIFFERENCE!

On September 14, 40 volunteers from Ford Motor Co. graciously volunteered their time to assist with various deferred maintenance projects at Tom Wallace Lake. They volunteered the equivalent of 160 hours to help remove invasive species along the entry road, improve the gravel shoulder at various locations, and spread mulch to help address the degradation of the shoreline of Tom Wallace Lake.

### URBAN FISHING PROGRAM

This wonderful program was recently initiated by the Kentucky Department of Fish and Wildlife Resources. Two locations within our Natural Areas Region, Tom Wallace Recreation Area at the Forest and Miles Park on Shelbyville Road, have been targeted for participation. The program has resulted in more frequent and diverse fish stockings at these lakes and also the types of fish being stocked. For instance, this year these lakes have received stockings of catfish, bass, sunfish and trout.

### WILDLIFE HABITAT IMPROVEMENT

Metro Parks is participating in the Wildlife Habitat Incentives Program in association with the federal Natural Resources Conservation Service and the Kentucky Department of Fish and Wildlife Resources. Two locations are currently being restored under the program: the Scott's Gap section of the Forest and the Tyler-Schooling Property near Taylorsville Road. Forest naturalist Larry Hilton has established approximately 25 acres of native warm season grasses and wildflowers at these sites. We will continue managing these properties to promote wildlife habitat through appropriately-timed mowings and prescribed burning.

### FRED WICHE/ BRIGHTSIDE GRANT

Middletown Elementary, in partnership with the Natural Areas Region, has received a \$2,500 grant for a restoration and environmental education project at Miles Park. District 19 Metro Councilman Hal Heiner has provided \$4,500 in Neighborhood Development Funds for the project. As a result, portions of the Miles Park Master Plan – which call for establishment of woodland and savannah areas – will be implemented. Site preparation is currently underway and eventually the project will result in the planting of 1,700 seedlings in a 2.5-acre woodland zone, as well as 30 2-inch caliper nut trees, within a 7.5-acre savannah zone.



## mayor's healthy hometown hike

saturday, october 21, 2006

jefferson memorial forest - horine section  
10am - 2pm

Join Mayor Jerry E. Abramson & hike  
the beautiful Jefferson Memorial Forest.

The perfect way to spend a fall morning!

HIKING TRAILS FROM 1/2 - 5 MILES

Festival Area with hay rides,  
children's activities & more!



For more information & directions:  
502/368-5404 or [www.memorialforest.com](http://www.memorialforest.com)



## PUBLIC PROGRAM SCHEDULE – FALL 2006

We offer great nature education and adventure programs for all ages. Those 18 and under must be accompanied by adults. For all programs, wear close-toed walking shoes and dress for the weather. Preregistration is required and a discount is offered for those who pay in advance.

For more information, visit our website at [www.memorialforest.com](http://www.memorialforest.com) or call the Welcome Center at 368-5404. Staff will make reservations, give directions or provide a schedule of our programs.

### GARDENING IN JEFFERSON MEMORIAL FOREST'S NATIVE GARDENS

**Mon, October 2, 9 a.m.-12:30 p.m.**

Metro Parks naturalist Christa Weidner will guide participants in a variety of garden projects to maintain and improve the beauty of the Native garden and Butterfly Garden. There will be things to learn, as participants do light weeding, transplanting, and pruning. Wear comfortable clothes suitable for the outdoors and closed-toed shoes. Participants are welcome to bring garden gloves, but we will have extra on hand. Cold water will be provided. Seniors may order a box lunch when registering for this outing, to be enjoyed after the program. There is no charge for the lunches, although a donation to the Senior Nutrition Program is suggested. For those participants 59 and younger, there is a \$4 charge for lunch. Seniors can meet at the Fairdale Playtorium for shuttle service. Other volunteers can meet at Horine Environmental Education Center. Must register by 12:30 Friday, September 29 for lunch.  
*Fee: Free*

### DECEMBER

There are no programs scheduled at this facility for the month of December. Happy Holidays from the staff of the Jefferson Memorial Forest!

### PRESCHOOL NATURE ADVENTURES

This program is for parents and their children, ages 2 to 4. There will be a story-time with craft and snacks. Ask about our series discount. Program meets in the Horine Environmental Education Center.  
*Fee: \$8 per child*

### CREATURES OF HALLOWEEN

**Tuesday, October 3**

**9:30 a.m.-11 a.m.**

Bats, owls, snakes and spiders: Are they truly spooky? You decide. Join us and see some of these creatures up close.

### WINGS AND THINGS

**Tue, November 7, 9:30 a.m.-11 a.m.**

Learn more about our feathered friends flying through the Forest. Go on a short hike to discover where they live and how they find food, then enjoy the opportunity to observe these birds up close!

### OUTDOOR SKILLS SERIES

**9 a.m.-12:30 p.m.**

Program meets in the Welcome Center. For ages 12 and up.  
*Fee: \$5 per person preregistered; \$7.50 day of the program*

### PRIMITIVE SKILLS

**October 7**

Learn to start a fire with flint and steel, the bow drill, and the hand drill; and build a shelter to protect yourself from the elements. Practice these and other ancient skills in program that will bring you a step closer to the past and the land.

### MAP AND COMPASS SKILLS

**Sat, November 4**

Get lost... then learn the skills that will help you find your way back to your campsite! Metro Parks staff will show you the basics of orienteering and planning a path that will get you to your destination.

### FALL BIRD WATCHING: SENIOR CITIZENS PROGRAM

**Mon, October 9, 9 a.m.-12:30 p.m.**

Winged migration and winter preparations! Learn about the different species that fly south for the winter and how the rest of the birds prepare themselves for winter. This outing will include a short, easy walk through some forested areas. Seniors may order a box lunch when registering for this outing. There is no charge for the lunches although a donation to the Senior Nutrition Program is suggested. For those participants 59 and younger, there is a \$4 charge for lunch. Program meets at the Fairdale Playtorium. Shuttle service will be provided.  
*Fee: Free*





## PUBLIC PROGRAM SCHEDULE – FALL 2006

### EVENING PROGRAMS

**7:30 p.m. to 10 p.m.**

Meet in the Horine Reservation.

*Fee:* \$5 preregistered; \$7.50 day of the program

#### BATS

**Fri, October 13**

A creature stalks Louisville in the darkness, swiftly swooping in on hundreds of victims each night. Not that you should be afraid, bats only eat bugs in Kentucky! Learn the truth from the myths that surround these beneficial little creatures. Come to the Forest to see the flying mammal that lends its name to our city's baseball team.

#### OWLS, WITH WINGSPAN OF KENTUCKY

**Fri, November 10**

Learn about the silent nighttime hunters that call the Forest home. See some of Kentucky's owls from Wingspan up close. Families welcome; an adult must accompany all children. Program meets in the Horine Reservation.

### HOWL AT THE MOON

**Fri, October 20, 7 p.m. to 8:30 p.m.**

**Fri, November 17, 7 p.m. to 8:30 p.m.**

Come out to the Forest for an evening romp through the woods with your dog. Metro Parks staff will lead owners and their pooches on an easy hike through the woods. Keep in mind that your dog will be around other dogs and people. Non-retractable leashes and good behavior are required. Program meets in the Horine Reservation. *Fee:* \$5 per dog preregistered; \$7.50 day of the program

## COME WORK AT THE FOREST!

Jefferson Memorial Forest is accepting applications for the following temporary positions.

### LAND MANAGEMENT AIDE

*Duties:* Trail construction and maintenance; assist with meadow and woodland restoration, including tree planting and removal of invasive species.

Basic plant identification skill; chainsaw operation beneficial.  
Minimum 18 years of age.

### WELCOME CENTER RECEPTION/CASHIER

*Duties:* Provide information to park visitors; assist in operation of our gift shop.

Position is for weekends and holidays starting in Spring 2007.

APPLICATIONS AVAILABLE AT [WWW.METRO-PARKS.ORG](http://WWW.METRO-PARKS.ORG).

FOR MORE INFORMATION CALL 368-6856 OR VISIT [WWW.MEMORIALFOREST.COM](http://WWW.MEMORIALFOREST.COM)



**METRO  
Parks**

*Metro Parks is an equal-opportunity employer*



## SUMMER CAMP WRAPUP

We had another successful and exciting summer with 68 kids attending summer camp this year, many of them returning for multiple sessions. We had quite a few returning from the previous year as well. Campers had many adventures from tree repelling to canoeing to caving.

During Adventure Camp, they learned about archery, practiced their fire building skills using flint and steel, and climbed our 52-foot Alpine Tower. Creature Camp led to discoveries about the Forest's wildlife. The kids were able to see the Nature Center's snakes, turtles and rabbit up close and interact with them. Campers made plaster casts of animal tracks, and watched the birds as they fed on seed and sugar water at the Bird Blind. Aquatic Camp provided many opportunities for the kids to investigate the Forest's streams, lakes, and ponds. Campers cooled off wading in the water while collecting a variety of organisms. They fished, canoed, and learned about Louisville Metro's watersheds.



However, the fun did not end at the Forest! For Aquatic Camp, we had a wonderful new partnership this year with the Metropolitan Sewer District at their Floyd's Fork treatment plant. The kids learned about the ins and outs of the sewer system, and how MSD treats that material before it re-enters the water. They also enjoyed exploring Floyd's Fork Creek to discover the unique animals that lived there. Continuing our partnership with Otter Creek Park, campers toured Morgan's Cave and investigated Otter Creek, during Creature Camp. This was clearly one of their favorite field trips.

Our camps took them on other educational field trips. They visited Caperton Swamp, William F. Miles Park, Long Run Park, Waterfront Park, Cox Park, and Falls of the Ohio State Park. Metro Parks and the

Kentuckiana area are rich in natural areas available to explore. The kids were able to investigate the ecosystems of these areas and at the same time learn more about their community. We hope that all our summer camp attendees had a great time and will return next year to rediscover the Forest and all the exciting activities that lie ahead! Be sure to watch for next year's schedule and check out the addition of a Teen Camp for 13 to 16 year olds.



From top: Investigating stream life; Shawn holding on for dear life; Alpine Tower; One of many hikes; Emma's first fish!

## BOOK REVIEW

### ***PARTICIPATING IN NATURE: THOMAS J. ELPEL'S FIELD GUIDE TO PRIMITIVE LIVING SKILLS***



If you are interested in ancient skills like making fire and shelter, finding edible plants, and crafting cordage and containers from natural objects, you will enjoy Thomas

Elpel's advice on primitive living skills. Elpel weaves his book from his practical experience with various primitive living skills, and his philosophic musings on the value of reconnecting with the natural world through adopting a simpler lifestyle.

For those interested in learning primitive skills, Elpel provides solid advice on creating twined baskets, fire from a bow drill, shelter building, cordage, wooden containers, clay pots, backpacks, buckskin and a simple bow and arrow. His section on edible plants is tailored for those living in the West (Elpel resides in southwestern Montana), so I found it less useful (see Kevin Duffy's *Harvesting Nature's Bounty* for the edible plants in this region).

My only strong criticism of Elpel's book is his advice concerning backcountry water. "I have literally drunk from cow tracks in the mud," he says. "I usually encourage people to leave their filters and tablets at home and savor the water." That is not advice I would give, and to his credit, he goes on to briefly cover water filters, iodine, and boiling water for purification.

Elpel is clearly interested in simple living as much as primitive living. He shows how to making shoes from old tires, arrowheads from broken glass, and form a backpack from a blanket. While not always strictly "primitive," Elpel's book is a practical and enjoyable read.

If you want to learn more about primitive skills, attend our Primitive Skills program on October 7, from 9 a.m. to 12:30. We will make fire by friction, practice with the atlatl spear thrower, and build shelters. Call the Welcome Center to make a reservation for this program – 368-5404.





## FALL NATURAL HAPPENINGS

### OCTOBER

Maple leaves begin to change to their fall colors.

Poison ivy leaves turn bright yellow.

Come out for the Mayor's Healthy Hometown Hike on October 21 and enjoy the fall leaf colors.

Lobelias can be seen blooming near the dam at Mitchell Hill Lake.

Mistflower is common along woodland edges. It can be seen growing at the Forest's edge near the Horine Conference Center.

Goldenrod species and aster species are the most commonly-seen flowers.

Chestnut oak and red oak acorns fall.

Birds eat ripened berries on buckthorn trees.

Snakes move to the areas of their hibernacula.

Goldfinch males molt into their drab plumage.

### NOVEMBER

Ducks and geese are migrating south.

Mallard ducks may be seen courting and doing swimming displays.

Sandhill cranes pass through on their fall migration route.

Some bat species such as red and hoary bats migrate south as well, often with flocks of birds.

Bald eagles may tarry locally as they migrate; try looking near Tom Wallace Lake.

Persimmons begin to ripen with the cold nights.

Cardinals form winter flocks.

Juncos begin arriving from their northern, summer homes.

They can be seen gathering around the Bird Blind feeders at the Horine Environmental Education Center.

Great horned owl males can be heard hooting as they establish territories.

### DECEMBER

Great horned owl courtship and breeding begins.

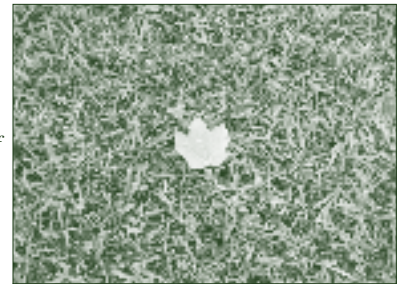
Listen for females' answering hoots.

Eastern bluebirds form small flocks and begin foraging on seeds and berries of plants such as dogwood, hawthorn, sumac and hackberry.

Bluebirds may take raisins from bird feeding stations at this time.

Squirrels begin their second yearly mating season late in the month.

*Maple Leaf*



*Mallard*



*Maple tree*



*Great Horned Owl*



*Red oak leaves*  
*[Tony Bright]*



*Squirrel*



### ELIMINATE WASTE AND GET THIS NEWSLETTER BY EMAIL!

Do your part to save trees and keep our costs down, by emailing [forest@louisvilleky.gov](mailto:forest@louisvilleky.gov) with the request "subscribe to newsletter." Include your name and the mailing address where you received this issue, and you will then only receive electronic copies of future newsletters.

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**Jerry E. Abramson, Mayor**  
Louisville Metro Council



**Metro Parks**  
[www.metro-parks.org](http://www.metro-parks.org)

**Michael J. Heitz**  
*Director*

**Jerry Brown**  
*Assistant Director*

**Bennett Knox**  
*Park Manager*

**Larry Hilton**  
*Naturalist/  
Land Management*

**Tonya Swan**  
*Coordinator of  
Public Education*

**Christa Weidner**  
*Naturalist/Programs*

**James Crockett**  
**Shawn Nevins**  
*Recreation  
Coordinators*

## Volunteer at Jefferson Memorial Forest

The following volunteer opportunities are available within the Natural Areas Region. For information about volunteering with Metro Parks, please contact, Laura Ryan, Metro Parks' Volunteer Coordinator, at 456-8156. For information about the opportunities listed here, please use the contact listed.

### VOLUNTEER PROJECT OPPORTUNITIES

- Remove invasive plants from along roads, trails and other user areas in various natural area locations.
- Close and restore eroded portion of Siltstone Trail above Tom Wallace Lake.
- Install rock steps on red trail within Horine Reservation.
- Using our GPS equipment, assist with trail assessment on all trails in Paul Yost Recreation Area.

Persons interested in the above should contact:

**Larry Hilton, Naturalist**  
**502/797-5768**

- Clear Fairmount Falls waterfall off Thixton Lane of old outhouse, windows, tiles, trash and portion of car body.
- Remove old fence rows in Scott's Gap section to allow safe movement of wildlife.
- Remove old fence rows on Tyler-Schooling Property to allow safe movement of wildlife.

Persons interested in the above should contact:

**Jerry Waddell, Maintenance Supervisor**  
**502/368-2253**

### TRAIL RANGER VOLUNTEER SCHEDULE

#### PROJECT DAY

**Sat, October 14, 9 a.m.-2 p.m.**

This is a great time of year to be in the woods. Join us to clear trails, monitor, assist hikers, do trail assessments, and perform minor tread work on portions of our 35 miles of trails. Dress for the weather, wear proper footwear, and bring your water, plus a snack. Metro Parks new volunteer coordinator, Laura Ryan, will be on hand at 9 a.m. to meet Forest volunteers and answer questions regarding the future direction of our volunteer program.

#### PROJECT DAY/OVERNIGHT CAMP OUT

**Sat, November 11, 9 a.m.-2 p.m.**

Join us in the morning to work on trails then relax around a campfire in the evening with group members. Extra tents and sleeping bags available if you need them.

#### PROJECT DAY

**Sat, December 9, 9 a.m.-2 p.m.**

Put on an extra thermal layer or two and join us to see if we can break a sweat while dealing with trail issues. Hot coffee and hot chocolate will be available.

#### GROUP HIKE

**Sat, December 16**

Let's carpool to hike a couple of miles of trail at Hemlock Cliffs. Plan to see rock shelters, holes in limestone where grains and nuts were ground, a cave, and Native American markings. We can stop at the Overlook Restaurant after our hike.

**Larry Hilton, Naturalist**  
**797-5768**